

Optional Services

Suspend and Restore Service

allows you to temporarily disconnect your residence or business service without termination of your account. This prevents unauthorized usage if you are away from your residence or business for an extended period of time. With suspend and restore service you keep your same telephone number, Bell Atlantic® IQ® card, and can have your calls referred to another number. If the suspended period exceeds 30 days a 50% reduction in the additional monthly service charges is given. A one time service charge applies and is billed at the time of restoral. Restrictions do apply to an extended disconnect period with this service.

For additional information call your Bell Atlantic Business Office.

Residence \$21.06 one time charge

Three-Way Calling*

lets you add a third person to your phone conversation.

Residence \$4.00

Tone Block*

lets you use Call Waiting when you want it and temporarily suspend it when you do not. With Tone Block you can finish a call or use your computer and modem without being interrupted by the indicator tone of a second call.

No charge

Ultra Forward® service

lets you activate or change your Call Forwarding number when you are away from the phone that has Call Forwarding Service. You must use a touch tone phone with * and # keys.

Residence \$5.00

Answer Call

You will not be able to hear your messages until you set up your Mailbox. Using a touch tone equipped phone with * and # keys follow these steps:

- 1) Dial your Answer Call access number. (This number will be provided to you by our Business Office).
- 2) Enter your temporary passcode--the last four digits of your telephone number.
- 3) Voice prompts will tell you to:
 - a. Change your passcode by choosing any 4- to 10- digit number
 - b. Record your name to identify your Mailbox.
 - c. Record your personal greeting.

To Listen to your Messages:

- 1) Dial the Answer Call access number.

- 2) Enter your passcode to hear the main menu.
- 3) Press 1. After each message the voice prompts will tell you how to repeat, save or erase the message you have just heard.

To Change your Mailbox Options:

- 1) Dial the Answer Call access number.
- 2) Enter your passcode to hear the main menu.
- 3) Press 9. The voice prompts will tell you how to change your personal greeting and/or change your passcode. For Multiple Answer Call the prompts will tell you how to create sub-mailboxes.

Bell Atlantic® IQ® Card

To place a Bell Atlantic IQ Card call:

- 1) Dial 0 + Area Code + Phone Number
Wait for computer tone or announcement
- 2) Dial your Bell Atlantic IQ Card Number (from a rotary phone, wait for Operator to come on line, Give the Operator your Bell Atlantic IQ Card number.)

To make multiple calls from a Touch Tone phone:*

- 1) Do not hang up. Wait for the called party to hang up.
- 2) Press the button # and wait for the announcement.
- 3) Dial the Area code + Phone Number. No need to redial your IQ Card number.

*Multiple calls must be of the same type, either local or long distance.

If you are calling the number to which your Bell Atlantic IQ Card is billed:*

- 1) Dial 0 + Area Code + Phone Number
Wait for computer tone or announcement
- 2) Dial your PIN, your PIN is the last 4 digits of your Bell Atlantic IQ Card Number. If calling from a rotary phone, give the Operator this information.

*This feature only works if your IQ Card number is a telephone number.

The cost of the Bell Atlantic IQ Card call will be based on the rates of the local or long distance company that carries the call. Bell Atlantic IQ Card calls will be itemized on your Bell Atlantic bill. A service charge will be applied to each call completed by Bell Atlantic. This is in addition to the direct-dialed rate of the call.

Call Block

- 1) If you use a 12-button set with Touch Tone service, press *60. If you use a rotary or pulse-dialing phone, dial 1160.
- 2) You will hear an announcement of the current status of the service "ON" or "OFF." In some areas, you must dial 3 to turn Call Block on or off.

How to use Optional Services

® Service Mark of the Bell Atlantic Corporation

* See page 31-35 to learn how to use these services

How to use Optional Services

Call Block (continued)

3) A voice recording will help you to create a list or add, delete or verify the numbers stored on your Call Block list. When adding a number with a different area code that is within your equipped calling area, enter all 10 digits including the area code. The voice will confirm each number as you add it to the list. Follow the voice instructions carefully. To repeat the voice instructions, dial 0.

4) To add the number of the last incoming call and block future calls from it, hang up and before receiving another call, pick up the receiver and press * 60 or dial 1160.

Next, press # or dial 12. Wait for the confirmation tone of three short tones (this step is not required in some areas).

Press 01 # or dial 01. Listen for the confirmation announcement and follow instructions carefully. If the caller used Per Call Number Blocking, the announcement will tell you that you have chosen a private number.

5) To turn off Call Block, press * 80 or dial 1180. A voice recording will help you.

6) To remove all the numbers from your list, dial 08.

With Call Block a voice recording will provide the telephone number of the last caller, even if it is non-published or non-listed.

Call Forwarding

1) If you use a 12-button set with Touch Tone service, press * 72 and listen for dial tone.

If you use a rotary or pulse-dialing phone, dial 1172, wait 5 seconds for a dial tone.

2) Dial the number to which you want the calls forwarded.

3) When the phone is answered, keep the connection for at least 6 seconds then Call Forwarding is in effect.

4) If the line is busy or no one answers, hang up and repeat steps 1 and 2. When you hear two short tones, the service is in effect. No answer is necessary on the second attempt.

5) To turn off Call Forwarding press * 73 or dial 1173. When you hear two short beeps and a dial tone, Call Forwarding is cancelled.

If you forward your calls to a long distance number or if you have measured or message service, the forwarded calls will be included in your bill. You can make outgoing calls when Call Forwarding is in effect. One reminder ring will sound on your telephone when a call is being forwarded. You cannot answer this call from your phone, and the caller will not know his call is being forwarded.

Call Trace

1) After receiving a call, press and release the receiver button; when you get a dial tone, press * 57 on your 12-button Touch Tone phone.

If you use a rotary or pulse-dialing phone, dial 1157.

You must do this each time you want to trace a call.

2) Listen for the confirmation announcement and hang up. The number of the last call you received will now be reported to Bell Atlantic. You will not receive the number of the party who called.

If you receive another call or a Call Waiting tone before you activate the trace of an unwanted call and then activate Call Trace, you will trace the second call, not the one you were trying to trace. The system will only trace the last call received. You will not receive the number traced. The results of a successful trace will only be provided to the police or other legally constituted authorities. Contact your business office for further instructions, or, in the case of an emergency, contact your local law enforcement agency.

Call Waiting

1) A beep indicates that another call is waiting. To answer the second call, press and release the receiver button quickly. If your telephone has a flash, tap or recall button, you may wish to use it instead of your receiver button to avoid being cutoff.

The first call will be put on hold and you will be connected to the second call. If you do not answer the second call; the caller will hear only a ring not a busy signal.

2) To return to the first call, press and release the receiver button again. Switch back and forth between the two calls as often as you want.

3) If you hear the beep tone and want to end the first call, hang up. Then the phone will ring for the second call.

If you do not want to be notified of a call by the Call Waiting beep during a particular call or when using your fax or modem, see page 35 on how to use Tone Block.

Caller ID

Follow the instructions provided by the equipment manufacturer for setting up your display unit or phone. The number of the party calling you will be displayed after the first ring. Because Caller ID works automatically once you have subscribed to it, there are no codes to activate or cancel the service.

Important: At no cost, you have the ability to prevent the appearance of your phone number on the Caller ID display units of those you call when you use Per Call Number Blocking. Per Line Blocking may also be available for a fee. Call your customer consultant for more information.

To block the display of your telephone number, use the following steps to activate per-call blocking.

1) If you use a 12-button set with Touch Tone service, press * 67 before you place your call.

If you use a rotary or pulse-dialing phone, dial 1167 before you place your call.

2) The message that will be displayed on the unit of the person you called is "Private" or "P" depending on the equipment they are using.

Welcome to the U S WEST Phone Service Pages

Telephone Service

U S WEST Communications
To order new service, to change or disconnect
service, or for billing questions, call:

Hours: Monday - Friday 7:00 a.m. - 7:00 p.m.

For your home

1 800 244-1111

For your business

1 800 603-6000

Home Office Consulting Center

1 800 898-9675

Administrative Offices

Numbers for employees and departments

1 800 879-4357

Communities included in this Directory:

Arvada	Glendale
Aurora	Golden
Boulder	Greenwood Village
Bow Mar	Henderson
Brighton	Highlands Ranch
Broomfield	Lafayette
Castle Rock	Lakewood
Cherry Hills Village	Littleton
Coal Creek Canyon	Lookout Mountain
Columbine Valley	Louisville
Commerce City	Morrison
Denver	Mountain View
Eastlake	Northglenn
Edgewater	Parker
Englewood	Sheridan
Evergreen	Thornton
Federal Heights	Westminster
Genesee	Wheat Ridge

Need help finding a section or category in
this directory? CALL 1 800 422-1234

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Directory to U S WEST Phone Service

U S WEST Communications numbers are for services provided by us. Contact your long distance and telephone equipment companies with questions about the services they provide.

Telephone Service - U S WEST Communications

To order new service, to change or disconnect service, or for billing questions, call:

Hours: Monday - Friday 7:00 a.m. - 7:00 p.m.

For your home 1 800 244-1111
 For your business 1 800 603-6000
 or fax your request to 1 800 693-FAXX
 (3299)

Home Office Consulting Center

..... 1 800 898-9675

Repair Service 24-Hour Reporting Numbers

For your home 1 800 573-1311
 For your business 1 800 954-1211

Please dial all TEN numbers.

Services for Disabled Customers

Hours: Weekdays 8:30 a.m. - 7:00 p.m. (CST)

TTY (Telecommunications Device for the Deaf)/Voice 1 800 223-3131

(Also, see page 4 of this customer guide.)

Centro De Servicio En Español

..... 1 800 564-1121

Public (Pay) Phone Accounts

U S WEST Communications 1 800 477-7211

Repair service for public (pay) phones
 (24-hour number) 1 800 234-4041

Directory Assistance*

Within your local calling area 1+411
 Outside your local calling area 1+(area code)+555-1212
 800 numbers 1 800 555-1212
 International numbers Call your long distance company

* A charge may apply for this service.

Buried Cable Location Service

Call two days in advance before you dig 1 800 922-1987

Customer Response Center

If you have a problem, question or concern regarding local telephone service that has not been resolved to your satisfaction:

..... 1 800 255-6920

Administrative Offices

Numbers for employees and departments

..... 1 800 879-4357

U S WEST Direct Publisher

Corporate Office
 198 Inverness Drive West
 P.O. Box 6572
 Englewood, CO 80155-6572

For Yellow Pages Customer Service
 and Advertising Sales 636-8000

U S WEST Direct Yellow Pages Sales Office Nearest You
 636-8000

U S WEST Direct
 3190 South Vaughn Way
 Aurora, CO 80014

For additional copies of this
 or any other Directory 1 800 422-8793

To Pay for U S WEST Phone Service

To Pay By Mail

For Payment Locations

U S WEST Communications
 Denver, Colorado 80244

Call: 1 800 427-1949

Be sure to include the detachable section at the bottom of page 1 of your bill. Also remember to write your telephone number on your check or money order.



The White & Yellow Pages
 Printed With a Minimum of
 25% Postconsumer Material.

The "How To" of Starting Your Service

If U S WEST Communications is Your Local Phone Company

we can provide you with local telephone service, long distance service within your calling area, and other telephone services. You may find it helpful to read this information before placing your order for new phone service. Please call 1 800 244-1111 (for home), 1 800 603-6000 (for business) for information.

Your 3 Steps to Telephone Service

Call 1 800 244-1111 (for home), 1 800 603-6000 (for business), and a service representative will describe the services available to you, explain what each costs, and take your order. Business customers can fax their request to: 1 800 693-FAXX (3299). We will need to know a few things about you and the service you want:

How Do You Want To Be Listed?

Your complete street address
(including apartment or suite number)

You Need To Make Some Choices...

Type of Service: Unlimited or Measured/Message Service
Telephone Set purchase or rental
Long Distance Company

Your Service Cost and Necessary Deposit.

Information about your previous telephone service, including phone number, city and state
Employment and credit information (for home telephone service)
Business ownership information (for business service)

How Do You Want To Be Listed?

You may choose how you want to be listed. A listing in your local U S WEST Direct telephone directory is free. For options available to you, call 1 800 244-1111 (for home), 1 800 603-6000 (for business).

Privacy Listings

If you don't want your name in this book, you have two choices. Your name and number can be left out of the directory, but still be available from directory assistance (non-listed). Or your name and number can be left out of the directory and not be available from directory assistance (non-published). There's an additional charge for either option. For health and safety purposes, your non-published or non-listed information may be released when you call 911 or other emergency service providers.

Premium Listings

Are available for an additional charge. These include: additional listings; listings for a number outside of the area normally included in a particular directory; cross references to other listings; informational listings that include non-promotional information and alternate call listings that refer to another number. Call 1 800 244-1111 (for home), 1 800 603-6000 (for business) for details.

You Need To Make Some Choices...

You may choose the type of basic telephone service that will meet your needs best. The following plans are available in most areas:

Telephone Service

We offer various types of basic telephone service. **Unlimited service** allows you to make as many local calls as you want for a flat monthly charge.

Another option is **Measured/Message service**. This option can reduce your cost for telephone service because you pay only for what you use.

For information on rates and availability, call 1 800 244-1111 (for home), 1 800 603-6000 (for business).

You Need To Provide Your Own Telephone Set

If you don't have a telephone set, you can buy or rent one from a store or company that carries them. Call 1 800 244-1111 (for home), 1 800 603-6000 (for business) for more information.

You Need To Select A Long Distance Company

U S WEST Communications provides long distance service within your calling area. You must select a long distance company to provide long distance service to other calling areas.

If You Have Phone Service And Need To Make A Change

Call 1 800 244-1111 (for home), 1 800 603-6000 (for business). A U S WEST Communications service representative will handle your request and explain what each change will cost.

Your Service Cost and Necessary Deposits

What It Costs To Begin Or Change Service

The one-time charge to install or change your telephone service depends on the amount of work required. Generally, you're charged for the work required to process your order and to connect or make changes in your service.

If you have our technicians install jacks or wiring inside your home or business, you'll be charged for the time the technician is there and for the materials used.

The "How To" of Starting Your Service

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Your Service Cost and Necessary Deposit (cont'd)

We may require advance notice to install new service. In many areas Express Service is available for an additional charge to customers who need same-day or next-day installation. For more information, call 1 800 244-1111. (Residential customers only.)

There Is No Charge To Disconnect Your Phone Service

Call 1 800 244-1111 (for home), 1 800 603-6000 (for business) to stop your service. You pay only for the time your phone is connected.

Advance Payments And Deposits

If you are a new customer with U S WEST Communications or have recently moved and need to re-establish service, we may ask for an advance payment or deposit.

Deposits are based on local service and long distance charges. Business customers should call 1 800 603-6000 for information on deposit requirements.

We may require a new or additional deposit if we stop your service because your payment is late. There's also a charge to begin service again.

Your Deposit Will Be Refunded

With interest after 12 months if your phone bills are paid on time. If you discontinue service during this time, the deposit and interest will be applied to your final bill. Interest rates are set periodically by the Colorado Public Utilities Commission.

Deposits For Other Companies

U S WEST Communications handles billing and collections for some long distance companies and may require a deposit for these companies. The amount will be based on your estimated long distance charges for two months.

If You Need New Telephone Wiring or Jacks

You have three options:

1. You can have U S WEST Communications do the work. You will be charged for time and materials. Call 1 800 244-1111 (for home), 1 800 603-6000 (for business) for information.
2. You can have an independent contractor do the work.
3. You can do the work yourself. All inside wiring must meet certain technical standards.

Need help finding a section or category in this directory?

CALL 1 800 422-1234

Services for Customers with Disabilities

Telecommunications Device For The Deaf

Hours: Weekdays 8:30 a.m. – 7:00 p.m. (CST)

TTY (Telecommunications Device

for the Deaf)/Voice **1 800 223-3131**

AT&T's Operator Service For TTY (24 Hrs)

..... **1 800 855-1155**

For TTY (Telecommunications Device For The Deaf) Customers, Trained Representatives Can

- Establish LONG DISTANCE DISCOUNTS for U S WEST Communications TTY customers. (Eligibility requirements must be met to qualify for discounts.)
- Order or disconnect telephone service, and answer billing questions.
- Handle U S WEST Communications repair requests.

For Customers With Vision And Motion Disabilities

If a physical limitation prevents you from using our services, we offer exemption from directory assistance and operator dialing assistance charges. Our representatives can explain eligibility requirements.

(Selected "LARGE PRINT" material available upon request. Directories not included).

State Relay Service – Relay Colorado

This 24 hour relay service is provided at no cost to callers.

Long distance calls will be billed accordingly.

(for TTY telephone users) **1 800 659-2656**

(for voice telephone users)..... **1 800 659-3656**

Colorado Relay Service

Colorado Relay Service is a communications service that links Deaf, Hard of Hearing, Speech Impaired and Hearing people via the telephone.

To use this service, dial the appropriate number above. Give the agent the number you would like to call, and he or she will stay on-line to relay the conversation. You can talk directly with the person you are calling. All calls and information are confidential. This 24-hour relay service is provided at no cost to callers. Long distance calls will be billed accordingly.

Troubleshooting & Repair.

Why won't my phone work?

That depends on whether the problem is in your telephone set, in the wiring inside your home or office, or in the outside lines and switching equipment that U S WEST Communications uses to provide you with service. Simple tests can help you determine whether to call U S WEST Communications or another company for assistance. These tests may save you time and money. If you have a party line, call the repair service number for further instructions.

How To Troubleshoot

Check to make sure all telephones are hung up.

Outlet Test

If you have two or more telephone outlets in your home, try each phone one at a time in each outlet. If one phone doesn't work anywhere you probably have a phone equipment problem.

If it doesn't work in a particular jack, you probably have a jack problem.

If none of your phones work in any jack, the problem may be in the U S WEST Communications line.

Unplug Phones

If you have a phone that doesn't unplug, contact the company that sold or leased it to you for directions on how to remove it.

1

Contact the Manufacturer

2

Contact U S WEST Communications or an independent contractor repair expert.

3

Contact U S WEST Communications 24 Hour Reporting Service Hotline

Accessories

If you have phone accessories—such as answering machines, cordless phones, a security system, or night bells—make sure that the equipment is working.

4

The problem may be with the accessories.

Repair Service 24-Hour Reporting Numbers

For your home 1 800 573-1311

For your business 1 800 954-1211

Public (pay) telephones 1 800 234-4041

Please dial all TEN numbers.

Some Other Helpful Tips

If you hear noise on your line

It may be caused by the weather, aerial satellites, poor grounding or other conditions that are only temporary. Wait until the weather conditions change.

The interference may be caused by radio frequency signals from amateur, citizens band (CB) and AM/FM broadcast stations. The installation of a modular filter, obtainable from most stores selling telephone equipment, may help. Contact your equipment supplier for assistance with these problems.

If you hear a rapid busy signal

While making a local or long distance call, it means that all circuits are busy. Try again later.

If the problem is in your telephone set:

Follow the instructions on your warranty or contact your equipment retailer.

U S WEST Communications cannot repair your telephone equipment.

If the problem is in your jack or the wire that runs through your home or office:

You have three options:

Call U S WEST Communications 24-Hour Reporting Hotline (Home: 1 800 573-1311, Business: 1 800 954-1211). If you subscribe to one of our optional wire maintenance plans, we will repair your jack or inside wiring at no charge. If you don't subscribe, we will still be happy to repair the problem, but we will have to charge you for labor and materials.

Hire any independent contractor or home repair expert to repair your jack or inside wiring.

You can repair the problem yourself.

If the problem is in U S WEST Communications' outside lines or switching equipment:

Call U S WEST Communications 24-Hour Reporting Hotline. See the number at the top of the page.

Additional Services

You Have A Choice

U.S. WEST Communications offers a variety of optional calling services. Our Custom Calling services are described here. For information on the prices and availability of these and other services in your area, or for additional instructions on using these services, call the appropriate number on this page.

Call Waiting

A short tone signals that another person is trying to call you when you are on the phone. You can put one call on hold while handling the second call, or alternate between the two.

To Use Call Waiting

- ① When you hear a brief tone, quickly press and release the disconnect button on your phone. Answer the second call.
- ② To return to the first call or alternate between calls, quickly press and release the disconnect button each time.
- ③ You may also answer the waiting call by hanging up and waiting for the phone to ring.
- ④ To cancel either call, simply hang up. When your phone rings again, you'll be connected with the person who's still on the line.

To Cancel Call Waiting

Here's how you can temporarily turn off your Call Waiting service before making a call that you don't want interrupted:

- ① Before making your call, push "*70" on your Touchtone phone (or dial "1170" on your rotary dial phone). You will hear 3 short tones followed by a dial tone.
- ② Place your call.
- ③ Call Waiting is automatically restored when you hang up.

If you also have Three-Way Calling, you can turn off Call Waiting during a call. Here's how:

- ① Firmly depress and release the disconnect button on your phone during your conversation.
- ② Push "*70" on your Touchtone phone (or dial "1170" on your rotary dial phone).
- ③ Push the disconnect button again to continue your conversation without interruption. Call Waiting will not work until you hang up.

Telephone Service – U.S. WEST Communications

To order new service, to change or disconnect service, or for billing questions, call:

Hours: Monday - Friday 7:00 a.m. - 7:00 p.m.

For your home 1 800 244-1111

For your business 1 800 603-6000

Services for Disabled Customers

Hours: Weekdays 8:30 a.m. - 7:00 p.m. (CST)

TTY (Telecommunications Device

for the Deaf/Voice **1 800 223-3131**

Additional Services

...continued from previous page

Call Forwarding

Lets you temporarily forward calls to another number you select.

To Use Call Forwarding

- ① Push "72 #" on your Touchtone phone (or dial "72" on your rotary phone).
- ② When you hear a second dial tone, dial the number where you want calls to go. Wait for that person to answer.
- ③ If the line is busy or no one answers, hang up and repeat steps 1 and 2. Two quick tones mean Call Forwarding is working.
- ④ Check that your calls will be forwarded by pushing "72 #" on your Touchtone phone (or dial "72" on your rotary phone). A busy signal tells you Call Forwarding is in effect.
- ⑤ Remove Call Forwarding by pushing "73 #" on your Touchtone phone (or dial "73" on your rotary phone). Two quick tones followed by a dial tone means your calls are no longer being transferred.

More About Call Forwarding

- Call Forwarding is in effect until you turn it off (step 5).
- You can still make outgoing calls from your phone when Call Forwarding is on.
- Your phone will ring briefly before a call is forwarded to a second number.
- Calls can be forwarded to long distance numbers. The long distance charges will be billed to your number.
- If you have measured service, those charges will also be applied to each forwarded call.

Three Way Calling

Allows you to talk to two different people at the same time, to add a second person to your call, or to put one call on hold and make a second call. Can be used for local and long distance calls.

To Use Three Way Calling

- ① Put your first call on hold by pushing, then releasing the disconnect button on your phone.
- ② Wait for three brief tones and a dial tone. Make your second call.
- ③ When that person answers, firmly push, then release the disconnect button to connect all three of you. You may talk privately with the second person before making the three-way connection.
- ④ If the third person's line is busy or there's no answer, push the disconnect button twice to return to the original call.
- ⑤ The first call will end when that person hangs up.
- ⑥ The second call will end when you push, then release the disconnect button.
- ⑦ Both calls will end when you hang up.

To Cancel Call Waiting During A Three-Way Call

Follow the instructions under Call Waiting on the previous page.

Need help finding a section or category in this directory?

CALL 1 800 422-1234

continued on next page...

Additional Services

...continued from previous page

Speed Calling

Allows you to reach eight or 30 frequently called numbers by dialing just one or two digits instead of the entire phone number.

To Program Speed 8

- ① Assign a code from 2 through 9 for each phone number.
- ② Press "74#" (rotary dial "74").
- ③ Press in your selected code, followed by the phone number.*
A tone indicates the number has been stored.

To Program Speed 30

- ① Assign a code from 20 through 49 for each phone number.*
- ② Press "75#" (rotary dial "75").
- ③ Press in your selected code, followed by the phone number.
A tone indicates the number has been stored.

To Use Speed Calling

Dial the selected code, followed by #.

* Remember to include the area code for long distance calls.

These Options Also Are Available

- Additional Line
- Centron®
- Custom Ringing
- Custom Telephone Number Service
- Dual Service
- Hunting or Companion Service
- Inside Wire Maintenance
- IntraCall® Home Intercom
- Listings
- Market Expansion Line
- U S WEST Communications Calling Card

Call the number at the top of this page for more information.
Some services may not be available in all areas.

Telephone Service -- U S WEST Communications

To order new service, to change or disconnect service, or for billing questions, call:

For your home 1 800 244-1111

Hours: Monday - Friday 7:00 a.m. - 7:00 p.m.

For your business 1 800 603-6000

Services for Disabled Customers

Hours: Weekdays 8:30 a.m. - 7:00 p.m. (CST)

TTY (Telecommunications Device
for the Deaf)/Voice

1 800 223-3131

Caller Identification And Blocking Options

You may also be in an area in which ALL callers' name and number will be displayed on every call to those who subscribe to Caller ID. If you wish to block your name and number display on your calls, you must dial *67 before dialing the number on each call. You may also ask our service representative about ordering a Line Blocking option to permanently block the information displayed.

Local Calling Area

In addition to the calling area on the next page, the following cities can also call the communities listed below them.

Aberdeen (II) to

Deckers (647)
Elizabeth (646)

Arvada (K) to

Central City (582)
Idaho Springs (567)

Aurora (T) to

Bennett (644)
Byers (822)
Deer Trail (769)
Strasburg (622)

Boulder (A) to

Allenspark (747)
Erie (828)
Longmont (651, 678, 682, 684, 702, 772, 776)
Lyons (823)
Nederland (258)
Niwort (652)
Ward (459)

Brighton (H) to

Frederick (833)
Ft. Lupton (857)
Hudson (536)
Keenesburg (732)
Roggen (849)

Castle Rock (LL) to

Deckers (647)
Elbert (648)
Elizabeth (646)
Kiowa (621)

Coal Creek Canyon (I) to

Central City (582)
Nederland (258)

Columbine (DD) to

Bailey (838)
Deckers (647)
Elizabeth (646)

Denver International Airport (NN) to

Bennett (644)
Byers (822)
Deer Trail (769)
Strasburg (622)

Dry Creek (HH) to

Deckers (647)
Elizabeth (646)

Englewood (EE) to

Deckers (647)

Evergreen (BB) to

Bailey (838)
Georgetown (569)
Idaho Springs (567)

Golden (J) to

Bailey (838)
Central City (582)
Georgetown (569)
Idaho Springs (567)

Gunbarrel (B) to

Allenspark (747)
Erie (828)
Longmont (651, 678, 682, 684, 702, 772, 776)
Lyons (823)
Nederland (258)
Niwort (652)
Ward (459)

Highlands (MM) to

Deckers (647)
Elizabeth (646)

Lafayette/Louisville (C, E) to

Erie (828)
Frederick (833)
Longmont (651, 678, 682, 684, 702, 772, 776)
Niwort (652)

Lakewood (P) to

Bailey (838)
Central City (582)
Idaho Springs (567)

Larkspur (KK) to

Deckers (647)
Elbert (648)
Elizabeth (646)
Kiowa (621)

Littleton (GG) to

Deckers (647)
Elizabeth (646)

Lookout Mountain (O) to

Bailey (838)
Georgetown (569)
Idaho Springs (567)

Monaghan (OO) to

Bennett (644)
Byers (822)
Deer Trail (769)
Strasburg (622)

Morrison (CC) to

Bailey (838)
Idaho Springs (567)

Parker (JJ) to

Elbert (648)
Elizabeth (646)
Kiowa (621)

Smoky Hill (FF) to

Elizabeth (646)

Southwest (U) to

Bailey (838)
Deckers (647)
Idaho Springs (567)

Sullivan (AA) to

Bennett (644)
Elizabeth (646)

Table Mesa (D) to

Allenspark (747)
Erie (828)
Longmont (651, 678, 682, 684, 702, 772, 776)
Lyons (823)
Nederland (258)
Niwort (652)
Ward (459)

Westminster (L) to

Central City (582)
Idaho Springs (567)

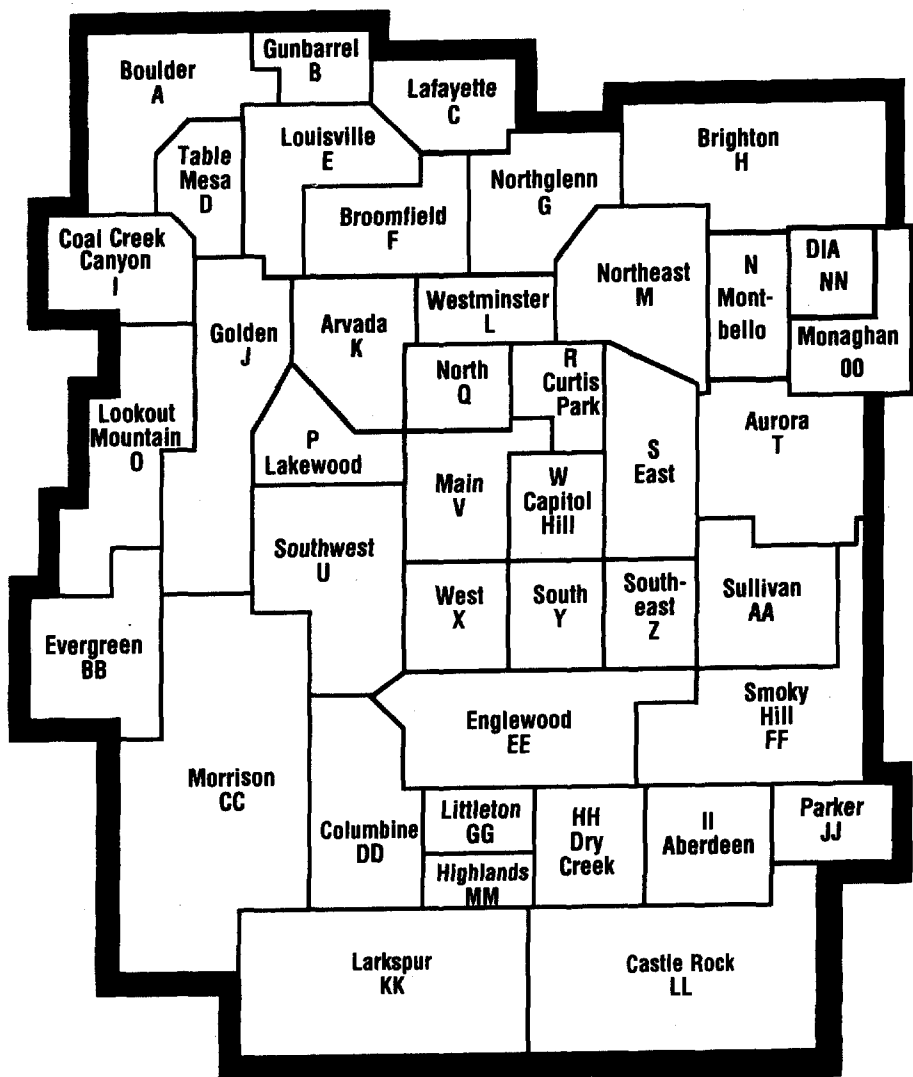
Local Calling Area

Prefix Location Guide

The columns on the right list all the telephone prefixes in the metropolitan Denver area. (Your prefix is the first three numbers in your telephone number.)

Each prefix is followed by a letter which corresponds to a letter on the map below, showing the general location of prefixes in the Denver area. For example, prefix 230 is followed by the letter "P," which means the telephone numbers with the prefix 230 are located in the "P" area on the map, which is the Lakewood exchange.

220	HH	275	P	320	S	364	T	413	A	571	V	699	FF	799	II
230	P	277	J	321	S	366	T	420	K	572	V	703	GG	820	V
231	P	278	J	322	S	367	T	421	K	573	V	706	II	821	V
232	P	279	J	329	S	368	AA	422	K	575	V	712	HH	825	V
233	P	280	G	331	S	369	AA	423	K	576	N	714	HH	830	W
234	P	281	Y	333	S	370	S	424	K	581	B	721	HH	831	W
235	P	286	M	336	S	371	N	425	K	584	Z	722	Y	832	W
236	P	287	M	337	AA	372	S	426	L	585	V	727	X	837	W
237	P	288	M	338	AA	373	N	427	L	592	V	730	GG	839	W
238	P	289	M	340	T	375	N	428	L	595	V	733	Y	840	JJ
239	P	290	HH	341	T	377	S	429	L	602	V	738	GG	841	JJ
252	G	291	R	342	HH	384	J	430	L	604	C,E	739	T	843	HH
254	G	292	R	343	T	388	S	431	K	616	V	740	HH	844	V
255	G	293	R	344	T	391	S	433	Q	617	FF	741	HH	850	HH
261	OO	294	R	347	GG	393	S	436	V	620	V	742	X	853	M
267	HH	295	R	348	HH	394	S	438	F	623	V	743	AA	860	W
270	S	296	R	355	S	397	II	440	A	624	V	744	Y	861	W
271	J	297	R	360	T	398	S	441	A	628	V	745	AA	863	W
273	J	298	R	361	T	399	S	442	A	629	V	750	AA	866	W
274	P	299	R	363	T	412	L	443	A	631	V	751	AA	869	W
								444	A	633	V	752	AA	871	Y
								446	V	634	V	753	Z	889	HH
								447	A	636	AA	754	II	892	V
								449	A	637	H	755	AA	893	V
								450	G	639	Z	756	Z	894	W
								451	G	640	V	757	Z	896	R
								452	G	642	I	758	Z	899	V
								455	Q	643	II	759	Z	922	X
								456	K	649	II	761	EE	924	A
								457	G	650	L	762	EE	930	HH
								458	Q	654	H	763	U	932	DD
								460	F	657	L	764	W	933	DD
								462	P	659	H	765	Y	934	X
								465	F	660	LL	766	FF	935	X
								466	F	661	C,E	770	HH	936	X
								467	K	665	C,E	771	HH	937	X
								469	F	666	C,E	773	HH	938	A
								470	MM	670	BB	777	Y	939	A
								473	A	671	AA	778	Y	940	K
								477	Q	672	R	779	HH	964	Q
								480	Q	673	C,E	780	S	965	R
								486	HH	674	BB	781	EE	966	A
								488	HH	676	T	782	Z	969	U
								492	A	680	FF	783	EE	971	DD
								494	D	681	KK	784	II	972	DD
								497	D	683	MM	786	A	973	DD
								499	D	685	V	787	V	977	DD
								516	B	688	LL	788	EE	978	DD
								526	O	689	HH	789	EE	979	DD
								530	B	690	FF	790	II	980	U
								534	V	691	Z	791	MM	982	J
								538	G	692	Z	792	II	985	U
								541	A	693	FF	793	HH	986	U
								543	D	694	HH	794	GG	987	U
								545	A	695	AA	795	GG	988	U
								546	A	696	AA	796	HH	989	U
								556	V	697	CC	797	GG		
								561	B	698	Y	798	GG		



U S WEST Voice Messaging Service

For VOICE MESSAGING SERVICE Questions

For your HOME..... **1 800 669-7676**

For your BUSINESS..... **1 800 776-2777**

For Prices, Features & Areas Available

For your HOME..... **1 800 244-1111**

For your BUSINESS..... **1 800 603-6000**

You Have A Choice

U S WEST Communications offers a variety of optional calling services. Our Voice Messaging Services are described here. For information on the prices and availability of these services in your area, or for additional instructions on using these services, call the numbers at the top of this page.

VOICE MESSAGING SERVICE

Voice Messaging Service records your incoming calls when you cannot answer or when your line is busy.

To Establish Your Voice Messaging Service

The first time you call your Voice Messaging Retrieval number, follow these five easy steps. Voice instructions will guide you every step of the way.

1. Call your Voice Messaging Retrieval number provided by your Business Office or Customer Training Center. (If you do not know your retrieval number, call 1 800 669-7676 (home) or 1 800 776-2777 (business).)
2. Then enter your temporary Security Code 1-2-3-4.
3. Then enter your permanent Security Code.
4. Then record your name.
5. Then choose your greeting.

Helpful Hints

- * Anytime you need help, press "0" to repeat your options or to hear more information.
- * Press "*" (star) to erase or exit.
- * Press "#" (pound) to tell the service you are finished with an entry or recording and also to skip to the next function.

More Helpful Hints

Change Volume

Press 9 to increase volume

Press 8 to decrease volume

Change Speed

Press 6 to speed-up

Press 4 to slow down

Date/Time

Press 5

To Exit

Press *

Replay Messages

Press 4

Fast Forward

Press 3 Forward 10 seconds

Press 3, 3 Forward to end

Rewind

Press 1 Rewind 10 seconds

Press 1, 1 Rewind to start

Skip Over Message

Press #

Skip To Saved Messages

Press # #

*Need help finding a
section or category in
this directory?*
CALL 1 800 422-1234

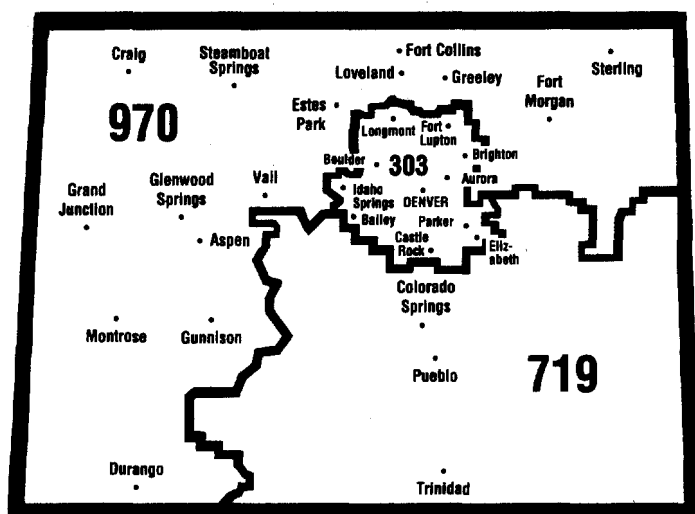
Long Distance Calling

Calling Long Distance within Colorado

Colorado is divided into two long distance calling areas (see map on this page). U S WEST Communications provides local and long distance calling service within the boundaries of these areas, but not between them. Make long distance calls within your calling area by dialing 1 + area code + the telephone number.*

U S WEST Communications will charge you for the call. Use another long distance company to make calls between these areas. That company will charge you for those calls and can provide you with rate information and dialing instructions.

** Local phone service may be provided by other telephone companies in these areas.*



Colorado Long Distance Calling Area

New Area Code For Colorado

Effective April 2, 1995, Colorado's telecommunications industry will add the new area code 970 to the state's calling plan. The new area code will serve customers in Northern Colorado and the Western slope (see above map). All other 303 area customers will retain the 303 area code. On January 14, 1996, use of the new area code will become mandatory. Long distance calls within Colorado will continue to require dialing 1 + the area code + the telephone number for operator assisted calls.

Splitting the 303 area code will not affect the boundaries of your local calling area or change the way you dial local calls. The rates for long distance calls will not be affected by this change.

Directory Assistance*

Within your local calling area	1+411
Outside your local calling area ...	1+(area code)+555-1212
800 numbers	1 800 555-1212
International numbers	Call your long distance company

* A charge may apply for this service.

Long Distance Companies In Your Area

Can be found in The U S WEST Direct Yellow Pages. Each company can provide information about its rates, calling areas, and dialing instructions.

Other Types of Long Distance Calls

Calling Long Distance Outside Your Calling Area

In all but a few cases, U S WEST Communications does not provide long distance service between states or between sections of the same state that have different calling areas. (See map on this page.) Contact your long distance company for rates and dialing instructions.

International Calls

Contact your long distance company for information on international calling rates and dialing instructions. International calling codes are listed on page 16.

Discounts Within Your Calling Area

Direct Dialing Saves Money

Dial your own long distance calls to pay the lowest rate and only for the minutes you talk. There's a one minute minimum. Dial "0" for information on U S WEST Communications long distance rates.

Discount Calling Periods

The chart on the next page shows the times you can get a discount on long distance calls within your calling area. Discounts apply to all calls. Those requiring operator assistance will include an additional service charge that does not qualify for a time-of-day discount. Save money by calling evenings, nights, weekends, and selected holidays (New Year's Day, July 4, Labor Day, Thanksgiving and Christmas). If you start your call during one rate period and hang up during another, your call will be prorated between the two.

Discount Calling Plans

Volume discounts also may help you save money. Business and residence customers who subscribe to this optional plan get volume discounts on calls made within their U S WEST Communications calling area. Call 1 800 244-1111 (for home), 1 800 603-6000 (for business) for more information.

continued on next page...

...continued from previous page

S	M	T	W	T	F	S	
							8 am
							noon
							5 pm
							11 pm
							midnight
							8 am

Dial Direct

		
Weekday full rates	Evening 20% discount	Night & weekend 50% discount

Calling Card Calls

If you have a U S WEST Communications Calling Card, you can make local and long distance calls and charge them to your regular monthly bill. Next to direct dialing, using your Calling Card is the least expensive way to call compared to other types of operator-assisted calls. Call 1 800 244-1111 (for home), 1 800 603-6000 (for business) for more information.

The U S WEST Communications Calling Card is accepted by many long distance companies for making calls outside your U S WEST Communications long distance calling area. Here's how to make a Calling Card call to a number within your long distance area:

- From a push-button phone with Touchtone service: Dial 0 + area code + the telephone number, wait for the tone, then dial your Calling Card number.
- From a rotary dial phone: Dial 0 + area code + the telephone number, wait for the operator to answer, say you're placing a Calling Card call, and give your card number.
- To the same telephone number that's on your Calling Card: Dial 0 + area code + the telephone number, wait for the tone, then dial your four-digit personal identification number (the last four numbers on your card). For calls made from another calling area, dial your area code before you dial your phone number.

Using The Operator Or Express Operator Service To Make Calls**Within Your Calling Area**

There is an additional charge for calls requiring operator assistance. They are more expensive than Calling Card calls or calls dialed directly from your home or office.

Collect Calls

Dial 0 + area code + the number. Tell the operator you're making a collect call. The operator will hang up when someone at the number you've called accepts the charges.

Long Distance Calling

If Your Calling Card Is Lost or Stolen**U S WEST Communications Service**

Hours: Monday - Friday 7:00 a.m. - 7:00 p.m.

1 800 244-1111

After business hours and on weekends

1 800 628-LOST (5678)

Express Operator Service

Dial 0 + area code + the number. You will hear a U S WEST Communications announcement and a "bong" tone. The recorded message will instruct you on what numbers to enter to make a collect call, or a call billed to another number. When billing a call to another number, the party being billed will be asked to accept the charges by responding "yes" or "no." For assistance at any time, press 0. From a rotary dial telephone, dial 0 + the number. After the "bong" tone, press the receiver button and an operator will assist you.

Calls Charged To A Third Number

Dial 0 + area code + the number. Tell the operator you want to charge your call to a third number. If you're calling from a public (pay) phone, the operator will call the third number to make sure the charges will be accepted. The call won't go through if the operator can't get approval.

Person-To-Person Calls

Dial 0 + area code + the number. Tell the operator you're making a person-to-person call to a specific person. The operator will hang up and charge you for the call only when that specific person answers. You can place a person-to-person call when you call collect, use your U S WEST Communications Calling Card, or charge your call to a third number.

If You Want To Know How Much Your Call Will Cost

Dial 0 + area code + the long distance number. Tell the operator you want "time and charges." When you finish the call, a computer voice will return to the line to tell you what you'll be charged.

Operators Can Check A Busy Line

In most areas, to determine if someone is actually speaking on the line. There may be a charge for this service.

Outside Of Your Calling Area

Contact your long distance company to find out how to use an operator to place calls to other area codes.

Many Companies Have Operators

When away from home, you can choose the long distance company you want to handle your operator-assisted calls. Many companies provide collect, person-to-person, third-number billed and credit card services. Their rates may vary. You may ask any operator for company identification and rate information before beginning your call. If the operator does not represent the company you want, or if you are not satisfied with the rates, you may choose another way to place your call.

Area Codes

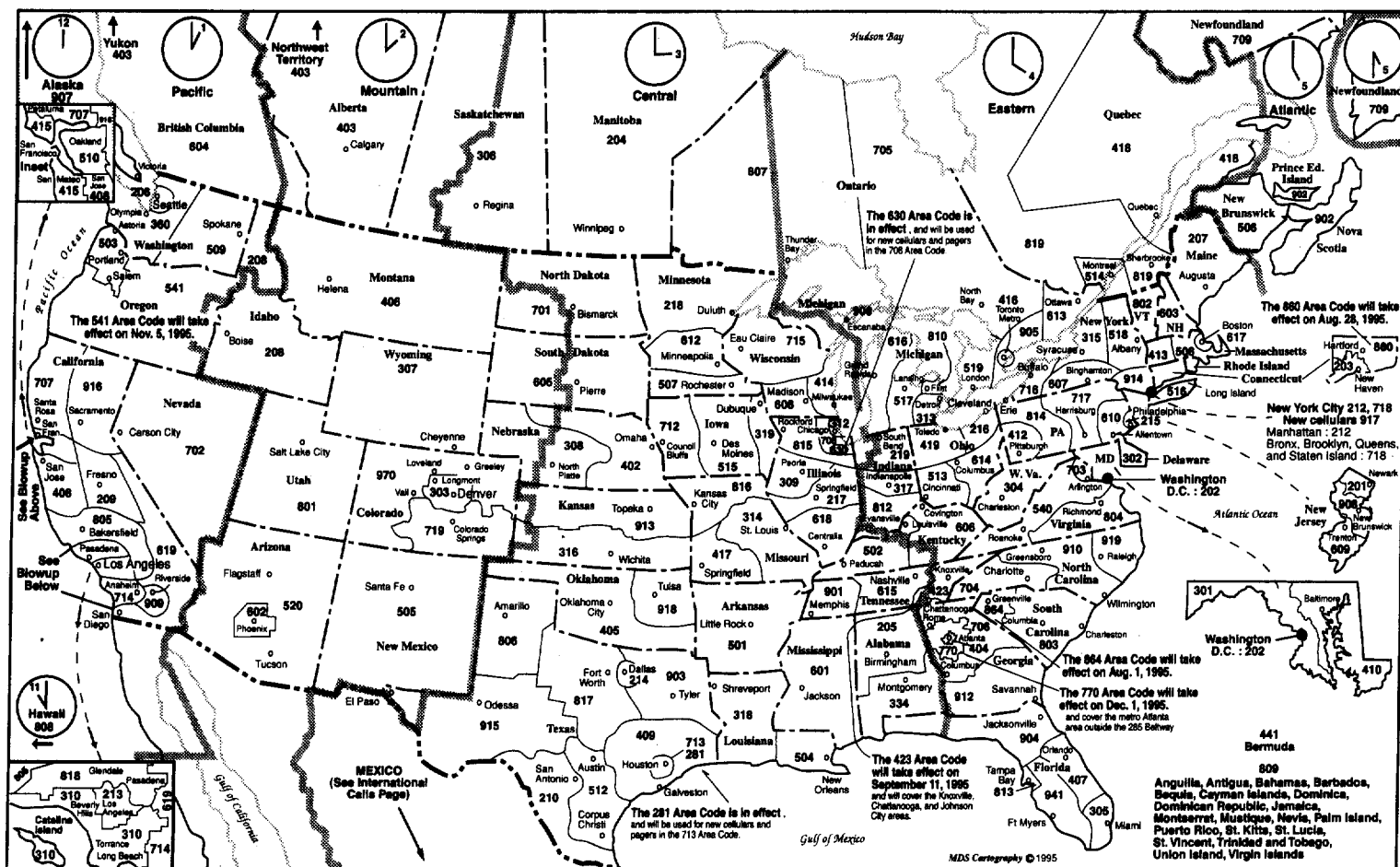
LOCATION	AREA CODE	LOCATION	AREA CODE	LOCATION	AREA CODE	LOCATION	AREA CODE
Alabama (AL)		Illinois (IL)		Mississippi (MS)		Oregon (OR)	
Birmingham.....	205	Alton.....	618	all locations.....	601	Astoria.....	503
Montgomery.....	334	Cairo.....	618	Missouri (MO)		†††Bend.....	541
Alaska (AK)		Champaign-Urbana.....	217	Columbia.....	314	†††Corvallis.....	541
all locations.....	907	Chicago.....	312	Jefferson City.....	314	†††Eugene.....	541
Arizona (AZ)		Chicago Suburbs 708 (630)Ω		Joplin.....	417	†††Medford.....	541
Phoenix (Metro).....	602	Elgin.....	708	Kansas City.....	816	†††Pendleton.....	541
All other locations.....	520	La Salle.....	815	St. Joseph.....	816	Portland.....	503
Arkansas (AR)		Mt. Vernon.....	618	St. Louis.....	314	Salem.....	503
all locations.....	501	Peoria.....	309	Springfield.....	417	Pennsylvania (PA)	
California (CA)		Rockford.....	815	Montana (MT)		Allentown.....	610
Anaheim.....	714	Rock Island.....	309	all locations.....	406	Altoona.....	814
Bakersfield.....	805	Springfield.....	217	Nebraska (NE)		Erie.....	814
Barstow.....	619	Waukegan.....	708	Lincoln.....	402	Harrisburg.....	717
Eureka.....	707	Indiana (IN)		North Platte.....	308	Philadelphia.....	215
Fresno.....	209	Evansville.....	812	Omaha.....	402	Pittsburgh.....	412
Long Beach.....	310	Gary.....	219	Scottsbluff.....	308	Reading.....	610
Los Angeles.....	213	Hammond.....	219	Nevada (NV)		Scranton.....	717
Modesto.....	209	Indianapolis.....	317	all locations.....	702	Wilkes-Barre.....	717
Monterey.....	408	Kokomo.....	317	New Hampshire (NH)		Rhode Island (RI)	
Oakland.....	510	Michigan City.....	219	all locations.....	603	all locations.....	401
Palm Springs.....	619	South Bend.....	219	New Jersey (NJ)		South Carolina (SC)	
Pasadena.....	818	Iowa (IA)		Atlantic City.....	609	Charleston.....	803
Riverside.....	909	Council Bluffs.....	712	Camden.....	609	Columbia.....	803
Sacramento.....	916	Davenport.....	319	Hackensack.....	201	Florence.....	803
San Bernardino.....	909	Des Moines.....	515	Jersey City.....	201	†Greenville.....	864
San Diego.....	619	Dubuque.....	319	Newark.....	201	†Spartanburg.....	864
San Francisco.....	415	Sioux City.....	712	New Brunswick.....	908	South Dakota (SD)	
San Jose.....	408	Kansas (KS)		Paterson.....	201	all locations.....	605
Santa Barbara.....	805	Dodge City.....	316	Trenton.....	609	Tennessee (TN)	
Colorado (CO)		Lawrence.....	913	Vineland.....	609	◇◇ Chattanooga.....	423
Aspen.....	970	Salina.....	913	New Mexico (NM)		◇◇ Johnson City.....	423
Aurora.....	303	Topeka.....	913	all locations.....	505	◇◇ Knoxville.....	423
Boulder.....	303	Wichita.....	316	New York (NY)		Memphis.....	901
Colorado Springs.....	719	Kentucky (KY)		Albany.....	518	Nashville.....	615
Denver.....	303	Ashland.....	606	Binghamton.....	607	Texas (TX)	
Durango.....	970	Frankfort.....	502	Bronx.....	718 (917)Ω	Abilene.....	915
Grand Junction.....	970	Louisville.....	502	Brooklyn.....	718 (917)Ω	Amarillo.....	806
Leadville.....	719	Paducah.....	502	Buffalo.....	716	Austin.....	512
Pueblo.....	719	Shelbyville.....	502	Elmira.....	607	Beaumont.....	409
Steamboat Springs.....	970	Winchester.....	606	Hempstead.....	516	Brownsville.....	210
Connecticut (CT)		Louisiana (LA)		Long Island.....	516	Corpus Christi.....	512
Bridgeport.....	203	Baton Rouge.....	504	Manhattan.....	212 (917)Ω	Dallas.....	214
*Hartford.....	860	Lake Charles.....	318	Niagara Falls.....	716	El Paso.....	915
New Haven.....	203	New Orleans.....	504	Peekskill.....	914	Fort Worth.....	817
Stanford.....	203	Shreveport.....	318	Poughkeepsie.....	914	Galveston.....	409
Delaware (DE)		Maine (ME)		Queens.....	718 (917)Ω	Houston.....	713 (281)Ω
all locations.....	302	all locations.....	207	Rochester.....	716	Laredo.....	210
District of Columbia (DC)		Maryland (MD)		Schenectady.....	518	Lubbock.....	806
Washington.....	202	Annapolis.....	410	Staten Island.....	718 (917)Ω	San Antonio.....	210
Florida (FL)		Baltimore.....	410	Syracuse.....	315	Tyler.....	903
Clearwater.....	813	Hagerstown.....	301	Troy.....	518	Waco.....	817
Ft. Lauderdale.....	305	Rockville.....	301	Utica.....	315	Utah (UT)	
◇ Ft. Myers.....	941	Massachusetts (MA)		White Plains.....	914	all locations.....	801
Jacksonville.....	904	Boston.....	617	Yonkers.....	914	Vermont (VT)	
Key West.....	305	Fall River.....	508	North Carolina (NC)		all locations.....	802
Miami.....	305	New Bedford.....	508	Asheville.....	704	Virginia (VA)	
Orlando.....	407	Springfield.....	413	Charlotte.....	704	Alexandria.....	703
Pensacola.....	904	Pittsfield.....	413	Durham.....	919	Arlington.....	703
St. Petersburg.....	813	Worcester.....	508	Fayetteville.....	910	Charlottesville.....	804
◇ Sarasota.....	941	Michigan (MI)		Greensboro.....	910	Newport News.....	804
Tallahassee.....	904	Ann Arbor.....	313	Raleigh.....	919	Norfolk.....	804
Tampa.....	813	Bay City.....	517	Winston-Salem.....	910	Richmond.....	804
West Palm Beach.....	407	Battle Creek.....	616	North Dakota (ND)		††Roanoke.....	540
Georgia (GA)		Dearborn.....	313	all locations.....	701	Washington (WA)	
Albany.....	912	Detroit.....	313	Ohio (OH)		Olympia.....	360
Atlanta (Metro).....	404	Flint.....	810	Akron.....	216	Seattle.....	206
Augusta.....	706	Grand Rapids.....	616	Canton.....	216	Spokane.....	509
Columbus.....	706	Jackson.....	517	Cincinnati.....	513	Tacoma.....	206
**Marietta.....	770	Kalamazoo.....	616	Cleveland.....	216	Vancouver.....	360
**Norcross.....	770	Lansing.....	517	Columbus.....	614	Walla Walla.....	509
Rome.....	706	Marquette.....	906	Dayton.....	513	Yakima.....	509
Savannah.....	912	Pontiac.....	810	Lorain.....	216	Washington DC	
Hawaii (HI)		Sault Ste. Marie.....	906	Steubenville.....	614	(District of Columbia)	
all locations.....	808	Southfield.....	810	Toledo.....	419	all locations.....	202
Idaho (ID)		Troy.....	810	Youngstown.....	216	West Virginia (WV)	
all locations.....	208	Minnesota (MN)		Oklahoma (OK)		all locations.....	304
		Duluth.....	218	Enid.....	405		
		Minneapolis.....	612	Oklahoma City.....	405		
		Rochester.....	507	Tulsa.....	918		
		St. Paul.....	612				

Wisconsin (WI)	
Eau Claire.....	715
Fond du Lac.....	414
Green Bay.....	414
Madison.....	608
Milwaukee.....	414
Racine.....	414
Wausau.....	715
Wyoming (WY)	
all locations.....	307
CANADA	
Alberta (AB).....	403
British Columbia (BC).....	604
Manitoba (MB).....	204
New Brunswick (NB).....	506
Newfoundland (NF).....	709
Nova Scotia (NS).....	902
Ontario (ON).....	
Hamilton.....	905
London.....	519
Mississauga.....	905
Niagara Falls.....	905
North Bay.....	705
Ottawa.....	613
Sault Ste. Marie.....	705
Thunder Bay.....	807
Toronto (Metro).....	416
Prince Edward Island (PE).....	902
Quebec (PQ).....	
Montreal.....	514
Quebec City.....	418
Saskatchewan (SK).....	306
Mexico (MX).....	
See International Calls page.	
Puerto Rico (PR).....	809
Caribbean Islands	
△ Bermuda.....	441
All other locations.....	809

*Effective as of August 28, 1995
 **Effective as of August 1, 1995
 ◇ Effective as of October 1, 1995
 † Effective as of December 3, 1995
 ††Effective as of July 15, 1995
 †††Effective as of November 5, 1995
 ◇ Effective as of May 28, 1995
 ◇◇ Effective as of September 11, 1995

Ω Cellular and Pagers

Time Zones Map



States or provinces that are served by more than one area code are shown by an asterisk (*).

AREA CODES

In numerical order, to help you identify your calls.

**** Effective as of August 28, 1995**

*** Effective as of August 1, 1995

Effective as of August 1, 1999

† Effective as of November 5, 1995

†† Effective as of July 15, 1995

††† Effective as of December 3, 1995

Effective as of October 1, 1995

◇ ◇ Effective as of September 15, 1

4.1. Incentive as an experimental task, 1993

Area Code	Location	Area Code	Location	Area Code	Location	Area Code	Location	Area Code	Location	Area Code	Location
* 201.....New Jersey		* 308.....Nebraska		* 415.....California		† 541.....Oregon		709...Newfoundland and Labrador		* 818.....California	
202.....Dist. of Columbia		* 309.....Illinois		* 416.....Ontario		* 601.....Mississippi				* 819.....Quebec	
* 203.....Connecticut		* 310.....California		* 417.....Missouri		* 602.....Arizona		* 712.....Iowa		** 860.....Connecticut	
* 204.....Manitoba		* 312.....Illinois		* 418.....Quebec		* 603 New Hampshire		* 713.....Texas		†† 864...South Carolina	
* 205.....Alabama		* 313.....Michigan		* 419.....Ohio		* 604 Brit. Columbia		* 714.....California		* 901.....Tennessee	
* 206.....Washington		* 314.....Missouri		00 423.....Tennessee		* 605 South Dakota		* 715.....Wisconsin		* 902.....P.E.I. and Nova Scotia	
207.....Maine		* 315.....New York		0 441.....Bermuda		* 606.....Kentucky		* 716.....New York			
* 208.....Idaho		* 316.....Kansas		* 501.....Arkansas		* 607.....New York		* 717.....Pennsylvania		* 903.....Texas	
* 209.....California		* 317.....Indiana		* 502.....Kentucky		* 608.....Wisconsin		* 718.....New York		* 904.....Florida	
* 210.....Texas		* 318.....Louisiana		* 503.....Oregon		* 609.....New Jersey		* 719.....Colorado		* 905.....Ontario	
* 212.....New York		* 319.....Iowa		* 504.....Louisiana		* 610.....Pennsylvania		** 770.....Georgia		* 906.....Michigan	
* 213.....California		* 334.....Alabama		* 505.....New Mexico		* 612.....Minnesota		* 801.....Utah		* 907.....Alaska	
* 214.....Texas		* 360.....Washington		* 506 New Brunswick		* 613.....Ontario		* 802.....Vermont		* 908.....New Jersey	
* 215.....Pennsylvania		* 401.....Rhode Island		* 507.....Minnesota		* 614.....Ohio		* 803...South Carolina		* 909.....California	
* 216.....Ohio		* 402.....Nebraska		* 508 Massachussetts		* 615.....Tennessee		* 804.....Virginia		* 910 North Carolina	
* 217.....Illinois		* 403 Alberta, Yukon and N.W. Terr.		* 509.....Washington		* 616.....Michigan		* 805.....California		* 912.....Georgia	
* 218.....Minnesota		* 404.....Georgia		* 510.....California		* 617 Massachussetts		* 806.....Texas		* 913.....Kansas	
* 219.....Indiana		* 405.....Oklahoma		* 512.....Texas		* 618.....Illinois		* 807.....Ontario		* 914.....New York	
† 281.....Texas		* 406.....Montana		* 513.....Ohio		* 619.....California		* 808.....Hawaii		* 915.....Texas	
* 301.....Maryland		* 407.....Florida		* 514.....Quebec		* 701 North Dakota		* 809.....Puerto Rico		* 916.....California	
* 302.....Delaware		* 408.....California		* 515.....Iowa		* 702.....Nevada		* 810.....Michigan		* 917.....New York	
* 303.....Colorado		* 409.....Texas		* 516.....New York		* 703.....Virginia		* 812.....Indiana		* 918.....Oklahoma	
* 304.....West Virginia		* 410.....Maryland		* 517.....Michigan		* 704 North Carolina		* 813.....Florida		* 919 North Carolina	
* 305.....Florida		* 412.....Pennsylvania		* 518.....New York		* 705.....Ontario		* 814.....Pennsylvania		* 941.....Florida	
* 306.....Saskatchewan		* 413 Massachussetts		* 519.....Ontario		* 706.....Georgia		* 815.....Illinois		* 970.....Colorado	
* 307.....Wyoming		* 414.....Wisconsin		* 520.....Arizona		* 707.....California		* 816.....Missouri			
				†† 540.....Virginia		* 708.....Illinois		* 817.....Texas			

International Area Codes

Contact your long distance company

for instructions on how to place an international call.

Here is a list of the country and city (routing) codes that you may be asked for. Your long distance company also can provide you with information on calls to countries not listed here.

The number following the bold location name is the "Country Code." Numbers beside cities are "City Codes." The number to the right of the country name is the time difference.

TD = Time Difference from Mountain Standard Time.

TD	TD	TD	TD	TD	TD
Algeria 213+8	Colombia 57+2	Guatemala 502+1	Korea, Rep. of 82+16	Poland	Ukraine 7+10
Adrar 7	Bogota 1	Guatemala City 2	Pusan 51	Rep. of 48+8	Kiev 044
Bajaia 5	Cartagena 53	all others 9	Seoul 2	Crakow 12	United Arab
Amer. Samoa 684*-4	Costa Rica 506*+1	Guyana 592+4	Kuwait 965+10	Warsaw 22	Emirates 971+11
Argentina 54+4	Croatia,	Georgetown 2	Latvia 371+9	Portugal 351+7	Abu Dhabi 2
Buenos Aires 1	Rep. of 385+8	Haiti 509*+2	Jelgava 30	Lisbon 1	Dubai 4
Cordoba 51	Zagreb 41	Honduras 504*+1	Liberia 231*+7	Qatar 974*+11	United Kingdom 44+7
Armenia 7*+10	Cyprus 357+9	Hong Kong 852*+15	Libyan Arab	Romania, Soc.	Belfast 232
Aruba 297+3	Nicosia 2	Hungary 36+8	People's Socialist	Rep. of 40+9	Cardiff 222
all points 8	Czech Republic 42+8	Budapest 1	Jamahiriya 218+9	Arad 57	Edinburgh 31
Australia 61+17	Brno 5	Iceland 354+7	Benghazi 61	Russia 7+10	Glasgow 41
Canberra 6	Prague 2	Keflavik 2	Tripoli 21	Moscow 095	Liverpool 51
Melbourne 3	Denmark 45*+8	Reykjavik 1	Liechtenstein 41+8	Saudi Arabia 966+10	London
Sydney 2	Ecuador 593+2	India 91+12.5	all points 75	Dhahran 3	Inner 71
Austria 43+8	Quito 2	Calcutta 33	Lithuania 370+9	Jeddah 2	Outer 81
Graz 316	Egypt, Arab	New Delhi 11	Kaunas 7	Makkah (Mecca) 2	Uruguay 598+4
Innsbruck 512	Rep. of 20+9	Indonesia 62+14	Luxembourg 352*+8	Riyadh 1	Montevideo 2
Vienna 1	Alexandria 3	Jakarta 21	Malaysia 60+15	Senegal	Vatican City 39+8
Bahrain 973*+10	Cairo 2	Iran 98+10.5	Kuala Lumpur 3	Republic 221*+7	all points 6
Bangladesh, Peoples	El Salvador 503*+1	Iraq 964+10	Maldives,	Singapore,	Venezuela 58+3
Rep. of 880+12	Estonia 372*+9	Baghdad 1	Rep. of 960*+11	Rep. of 65*+14	Caracas 2
Dhaka 2	Tartu 34	Ireland, Rep. of 353+7	Malta 356*+8	Slovakia 42+8	Maracaibo 61
Belgium 32+8	Addis Ababa 1	Cork 21	Mauritius 230*+11	Presov 91	Yemen, Rep. of 967+10
Antwerp 3	Fiji Islands 679*+19	Dublin 1	Mexico 52+1	Slovenia,	Sana'a 1
Brussels 2	Finland 358+9	Israel 972+9	Mexico City 5	Rep. of 386+8	Yugoslavia,
Belize 501+1	Helsinki 0	Haifa 4	Monaco 33+8	Maribor 62	Fed. Rep. of 381+8
Belize City 2	France 33+8	Jerusalem 2	all points 93	South Africa	Belgrade 11
Bolivia 591+3	Lyon 7	Tel Aviv 3	Morocco,	Rep. of 27+9	Zaire, Rep. of 243+8
La Paz 2	Marseille 91	Italy 39+8	Kingdom of 212+7	Cape Town 21	Kinshasa 12
Bosnia and	Paris 1	Naples 81	Casablanca 2	Johannesburg 11	Zambia 260+9
Herzegovina,	French Polynesia	Rome 6	Tanger 99	Pretoria 12	Lusaka 1
Rep. of 387+8	(Tahiti) 689*-3	Venice 41	Netherlands 31+8	Spain 34+8	Zimbabwe 263+8
Sarajevo 71	Georgia* 7+10	Ivory Coast, Rep. of	Amsterdam 20	Barcelona 3	Harare 4
Brazil 55+4	Germany	(Côte d'Ivoire) 225*+7	Rotterdam 10	Las Palmas	
Brasilia 61	Fed. Rep. of 49+8	Japan 81+16	The Hague 70	(Canary Is.) 28	
Rio de Janeiro 21	Berlin 30	Hiroshima 82	Netherlands	Madrid 1	
Sao Paulo 11	Bonn 228	Kobe 78	Antilles 599+3	Sri Lanka, Dem.	
Bulgaria 359+10	Dresden 351	Osaka 6	Bonaire 7	Soc. Rep. of 94+12.5	
Sofia 2	Frankfurt (East) 335	Tokyo 3	Curacao 9	Colombo Central 1	
Canada	Frankfurt (West) 69	Yokohama 45	St. Maarten 5	Suriname,	
(see Area Codes page)	Hamburg 40	Jordan 962+9	New Zealand 64+19	Rep. of 597*+3.5	
Chile 56+3	Leipzig 341	Amman 6	Auckland 9	Sweden 46+8	
Santiago 2	Munich 89	Kenya, Rep. of 254+10	Wellington 4	Goteborg 31	
China People's	Greece 30+9	Mombasa 11	Nicaragua 505+1	Stockholm 8	
Rep. of 86+15	Athens 1	Nairobi 2	Managua 2	Switzerland 41+8	
Beijing 1	Salonica 31		Nigeria, Fed.	Berne 31	
Shanghai 21	Guam 671*+17		Rep. of 234+8	Geneva 22	
			Lagos 1	Zurich 1	
			Norway 47+8	Taiwan, Rep.	
			Pakistan 92+12	of China 886+15	
			Islamabad 51	Taipei 2	
			Karachi 21	Tanzania 255+10	
			Panama,	Dar Es Salaam 51	
			Rep. of 507*+2	Thailand 66+14	
			Paraguay 595+3	Bangkok 2	
			Asuncion 21	Tunisia 216+8	
			Peru 51+2	Tunis 1	
			Lima 14	Turkey 90+10	
			Philippines 63+15	Ankara 312	
			Cebu City 32	Istanbul Asya 216	
			Manila 2	Istanbul Avrupa 212	
			Subic Bay 47	Uganda 256+11	
				Kampala 41	

* City Codes not required.

The following Caribbean locales may be reached by dialing 1 + 809 + Local Number: Anguilla, Antigua (& Barbuda), Bahamas, Barbados, Bermuda, Cayman Is., Dominica, Dominican Republic, Grenada (& Carriacou), Jamaica, Montserrat, Nevis, St. Kitts, St. Lucia, St. Vincent & the Grenadines, Trinidad & Tobago, Turks & Caicos Is., Virgin Is.

Como Comunicarse Con Nuestros Servicios Telefónicos

Esta información se refiere a los servicios de teléfono local y de larga distancia que provee U S WEST Communications dentro de su área. Otras compañías ofrecen servicio de larga distancia, pero sus cargos podrían aparecer en nuestra cuenta. Preguntas acerca de otros surtidores de telecomunicación, inclusive aquellos que alquilan o venden teléfonos, deben dirigirse a esas compañías.

Emergencias

Todos los números de emergencia se encuentran en el interior de la portada del Directorio de Páginas Blancas.

Depositos

Si usted es un nuevo cliente de U S WEST Communications o si necesita reestablecer servicio, un depósito puede ser requerido si los datos que nos ha dado no son adecuados para establecer crédito. Los depósitos son devueltos después de 12 meses consecutivos de servicio sin suspensión por falta de pago.

Si U S WEST Communications suspende su servicio por pagos atrasados, un nuevo depósito podría ser requerido. Habrá un cobro para reconectar el servicio.

Una alternativa al depósito es la de presentar una carta de una persona dispuesta a garantizar sus pagos, si esa persona ha establecido crédito con U S WEST Communications.

Su Servicio Local

U S WEST Communications le ofrece varios servicios telefónicos para acomodar sus necesidades y su presupuesto. Pregunte a su representante acerca de las alternativas.

Servicio De Reparación

U S WEST Communications provee acceso (tono de marcar y transmisión) desde su domicilio o empresa hasta la red telefónica. Si hay problemas con la red, llame a nuestro servicio de reparación o al representante que habla español. Si usted informa al servicio de reparación que su línea está fuera de servicio y no se arregla en menos de 24 horas U S WEST Communications le dará crédito.

Centro De Servicio En Español

Centro De Servicio en Español	1 800 564-1121
Reparación en Español	1 800 690-1611
Asistencia del Directorio en Español	1+411

Si uno de nuestros empleados de reparaciones visita su domicilio o empresa y encuentra un problema en su aparato telefónico, habrá un cobro por la visita.

Reparamos el alambrado interior sin cobro mientras que la instalación esté conforme a las normas, si usted se suscribe a nuestro plan de mantenimiento del alambrado interior.

Desconexión

Llámenos si quiere desconectar su servicio de teléfono. No hay cobro por desconectarlo permanentemente y podemos hacerlo el mismo día que usted llama.

Servicio De Asistencia Con El Directorio

Para llamar a un operador(a) de información dentro de su área, marque 1 + 411.

Usted puede hacer dos llamadas a nuestro servicio de Asistencia con el Directorio durante el mes de la cuenta, sin cobro.

Nuestras Areas De Servicio

El territorio servido por U S WEST Communications se reparte en varias áreas de servicio. Ciertos estados solo tienen una área y otros como Colorado y Arizona tienen mas de una.

No proveemos servicios de larga distancia entre las áreas de U S WEST Communications o a otros estados o llamadas internacionales. Para servicios de larga distancia en estos casos llame a su compañía de larga distancia.

Muchas comunidades están fuera de su área de servicio. Si usted quiere saber cuáles son, busque el mapa en la sección de larga distancia en la guía.

*continúa en la siguiente
pagina...*

Como Comunicarse Con Nuestros Servicios Telefónicos

...a continuación de la página anterior

Nuestro Servicio De Larga Distancia

Marcar Directamente

Casi siempre es más económico marcar sus propias llamadas de larga distancia. Para marcar un número dentro de su área de servicio, marque 1 seguido por el número.

Llamadas Con Tarjeta De Crédito

Su representante de servicio puede conseguirle una tarjeta de crédito de U S WEST Communications (Calling Card). Con la tarjeta es fácil hacer llamadas de larga distancia cuando usted no está en casa. Hay dos maneras de usar la tarjeta: Marcando Directamente en los teléfonos con botones "Touchtone service," para llamar un número dentro de su área, marque 0 + el número de teléfono. Espere la señal y marque el número de su tarjeta de crédito. Con Asistencia Del Operador(a) estas llamadas requieren que usted marque 0 + el número de teléfono. Cuando el operador(a) contesta, déle el número de tarjeta de crédito.

Otras Llamadas Con Asistencia Del Operador(a)

Generalmente, las llamadas con la asistencia del operador(a) cuestan más. En Colorado hay un cobro mínimo de un minuto por cada llamada hecha así. Es posible que llamadas de un hotel o teléfono público tengan que hacerse con la asistencia del operador(a).

Estas llamadas pueden ser de teléfono a teléfono o de persona a persona. Estas últimas son más costosas. Pero el cobro no comienza hasta que la persona con quien desea hablar contesta.

Para llamadas en su área de servicio a marcar 0 + el número distante, el operador(a) contestará y usted podrá decirle que tipo de llamada es. Además de las llamadas cobradas a su propia cuenta, hay otras maneras de cobrar las llamadas de larga distancia:

Por Cobrar

Informe al operador(a) que la llamada es por cobrar. Una vez que la persona que usted llama acepta el cobro, el operador(a) dejara la línea.

Llamadas De Tercer Número

Marque 0 + el número. Informe al operador(a) que usted quiere cobrar esta llamada a un tercer número, y dele este número. Hay veces que el operador(a) tendrá que verificar este arreglo antes de completar la llamada.

Problemas Con Su Llamada

Si hace una llamada de larga distancia a un número equivocado o si hay mala conexión, marque 0, explíquelo al operador(a) y se puede obtener crédito.

Sus Derechos Y Responsabilidades

La responsabilidad básica de su representante es la de contestar sus preguntas y de resolver sus problemas. De no ser así, hable con un supervisor. Si persiste el problema, hable con el gerente.

Si no está satisfecho puede presentar una queja a la Comisión de Servicios Públicos de Colorado (Public Utilities Commission) que regula a U S WEST Communications. La dirección es: Colorado Public Utilities Commission, 1580 Logan, Office Level 2, Logan Towers, Denver, 80203.

Usted tiene derecho a la vida privada y si no desea hablar con un vendedor por teléfono simplemente conteste "No, gracias" y cuelgue.

Si usted recibe llamadas obscenas o molestosas, cuelgue inmediatamente. Si estas llamadas continúan, llame a su representante o a la policía.

Es prohibido hacer llamadas obscenas. Se prohíbe la conexión telefónica ilegal para interceptar llamadas, y el grabar de conversaciones sin un mecanismo de advertencia con sonido.

La ley estatal requiere que usted ceda una línea telefónica en caso de emergencia. Se considera como una emergencia, una situación en la cual una propiedad o una vida humana se encuentra en peligro y es necesario pedir auxilio inmediatamente.

Community Services

For complete listings of city, special district, county, state and U.S. governmental offices, see the Blue Pages. Numbers preceded by "800" are free calls.

AIR POLLUTION

Colorado Health Department
Air Pollution Control Division
.....**692-3100**

ANIMALS

Colorado Department of
Agriculture
Animal Cruelty Section
.....**239-4157**

Cruelty Investigations
.....**696-4941**

Denver Dumb Friends
League Humane
Society of Denver, Inc.
.....**751-5772**

Lost and found**751-9688**

Operation Game Thief/Livestock
Thief.....**1 800 332-4155**

CHILD ABUSE

Adams County
Department of Social Services
.....**287-8831**

Arapahoe County
Department of Social Services
.....**795-4825**

Boulder County.....**441-1240**

Denver County
Child Abuse Assistance
.....**727-3000**

Douglas County
Department of Health and
Human Services.....**688-4825**

Family Focus, Inc.**782-9337**

Jefferson County
Child Abuse Hotline
.....**271-4357**

COLORADO STATE GOVERNMENT

Information**1 800 332-1716**

COMMUNITY SERVICES

Agency for Human Rights and
Community Relations
.....**640-2621**

American Red Cross Headquarters
.....**722-7474**

Catholic Community Service
.....**388-4435**

Denver Indian Center**936-2688**
or **937-0401**

Low Income Energy Assistance
Program**1 800 782-0721**

Mile High United Way ..**433-8383**
Information and Referral Center
.....**433-8900**

Volunteer Center**832-6060**

Project Angel Heart.....**388-1315**

Salvation Army**295-3366**

Victim Outreach Information
.....**980-1112**

Volunteers of America....**297-0408**

Washington Park Community
Center**733-4643**

Work and Family
Resource Center**534-3789**

DISABLED SERVICES

Association For Community Living
.....**756-7234**
.....**1 800 333-7690**

Center on Deafness
Voice/TTY**839-8022**

Dial-A-News TTY.....**839-8101**
TTY Users – call the Center on
Deafness for a TTY Directory

Denver Commission For People
with Disabilities.....**640-3056**
or TTY**640-3840**

Denver Mobility**629-5048**

Disability Information & Referral
Voice/TTY**1 800 255-3477**

Legal Center for Handicapped
Citizens
(Voice or TTY)
.....**1 800 288-1376**

DISABLED SERVICES

(continued)

Mile High Down Syndrome
Association**797-1699**

PEAK
Parent Center
.....**1 800 284-0251**

Rehabilitation Services ..**866-5196**

United Cerebral Palsy-Resources
Colorado**303 355-7337**
or **1 800 881-UCPA**
(8272)

Visually Impaired**894-2650**

VOA Deaf Communication Center
Voice/TTY**295-1872**

DISCRIMINATION

Colorado Civil Rights Commission
.....**894-2997**

DRUG LAW ENFORCEMENT

Drug Enforcement Administration
.....**784-6300**

EMERGENCY NUMBERS

See inside front cover.

Alternatives to Family Violence
.....**289-4441**

Arson Hotline**892-7766**

Denver General Hospital
.....**436-6000**

TTY**892-9111**

FBI**629-7171**

State Patrol
Emergencies and
Accidents Only
.....**239-4501**

TTY**239-4505**

Suicide Hot Line**869-1999**

U.S. Secret Service**866-1010**

FEDERAL GOVERNMENT

Postal Inspection Service
.....**295-5320**

FOOD STAMPS

General Information
Hotline**727-3666**

HEALTH CARE

Tel-Med**425-1300**

HOUSING

Boulder Housing
Authority**441-3150**

LEGAL ASSISTANCE

Colorado Judicial Dept., Office of
Dispute Resolution ..**837-3672**

Legal Aid Society of Metro Denver
.....**837-1313**

Legal Center Serving
Persons with Disabilities
Voice or TTY
.....**1 800 288-1376**

Senior Citizen's Law Center
& Legal Aid**837-1313**

MAYORS OFFICE OF CITIZEN RESPONSE

Denver**640-5151**

MEDIATION

Community Mediation
Service - Boulder
Valley Residents Only
.....**441-4364**

MEDICAID

See listings under "Social Services"
in this section.

Community Services

MENTAL HEALTH

Community Mental Health Centers
 Adams County
 (except Aurora)**287-8001**
 Arapahoe County
 (except Aurora)
**779-9676**
 Aurora**693-9500**
 Boulder County**443-8500**
 Douglas County**688-6276**
 Jefferson County**425-0300**
 Mental Health Association of
 Colorado**377-3040**
 Mental Health
 Corporation**757-7227**

PARENT SUPPORT

4 Parents Helpline**620-4444**
 Mile High Down Syndrome
 Association**797-1699**
 Parent Support Line**695-7996**

POSTAL INSPECTION

SERVICE**295-5320**

RAPE

Ending Violence Effectively
**322-7010**
 Rape Assistance and Awareness
 Program**329-9922**
 TTY**329-0023**
 Spanish-Speaking**329-0031**
 Rape Crisis Team of Boulder
 County
**443-7300**
 Volunteers of America Victim
 Assistance**620-9190**

ROAD CONDITIONS

Major Highways in
 State**639-1234**
 Those roads within a two-hour
 driving time from
 Denver**639-1111**

SENIOR CITIZENS

Area Agency On Aging
 Denver Regional Council Of
 Governments**480-6733**
 Association for Senior Citizens
**455-9642**
 Aurora Senior Center**361-2902**
 Boulder Senior Services**441-3148**
 Capitol Hill Housing
 Hotline**293-8100**
 Capitol Hill Senior Resource Center
**832-8731**
 Catholic Community Senior
 Services**892-1540**
 Elder Abuse**1 800 773-1366**
 Emergencies**911** or **police**
 (or call your local county
 department of social services.)
 The Commission on Aging
**640-3955**
 Malley Senior Recreation Center
**781-5508**
 Meals on Wheels
 Boulder**441-3908**
 Senior Citizen's Law Center
**837-1313**
 Seniors' Resource Center in
 Jefferson County**238-8151**
 State Ombudsman Program
**722-0300**
 The Senior Hub, Inc.
 Adams County**426-4408**
 VOA Senior Nutrition Program
 Meal Sites**294-0111**
 Volunteers of America**294-0111**
 Washington Park Community
 Center**733-4643**

SOCIAL SECURITY

.....**1 800 772-1213**

SOCIAL SERVICES

County Social Services
 Departments
 Adams County**287-8831**
 Arapahoe County**795-4850**
 Boulder County
 Boulder Office**441-1000**
 Longmont Office**678-6000**
 Louisville Office**666-5650**
 Denver County**727-3666**
 Douglas County**688-4825**
 Jefferson County**271-4357**

SUBSTANCE ABUSE

Al-Anon**321-8788**
 Alcoholics Anonymous**322-4440**
 Cocaine Anonymous**421-5120**
 Mile High Council on Alcoholism &
 Drug Abuse
 Information and
 Referral**825-8113**
 Narcotics Anonymous
**1 800 322-DRUG (3784)**
 Prescription and Over-The-Counter
 Medication Information:
 Rocky Mountain Drug
 Consultation
 Center**893-DRUG (3784)**

SUICIDE

Colorado Helpline**896-1999**

UNITED STATES MARSHALS SERVICE

.....**844-2801**

VETERANS ASSISTANCE

Veterans Administration
**980-1300**
 Veterans Outreach
 Program**433-7123**

VICTIM ASSISTANCE

Denver Victim Services Center
 (24 hour)**894-8000**
 TTY**860-9555**
 Victim Outreach Information
**202-2196**

WOMEN ASSISTANCE

Counseling and Shelter
 (Metro Denver Area)
 SafeHouse for Battered Women
**830-6800**
 Emergency Shelters for Battered
 Women:
 Adams County
 Alternatives to Family
 Violence**289-4441**
 Arapahoe County and City of
 Aurora Gateway Shelter
**343-1851**
 Boulder County
 Boulder County Safehouse
**449-8623**
 Denver County
 Brandon Center**620-9190**
 Douglas County Womens Crisis
 Center Shelter and Hotline
**688-8484**
 Jefferson County
 Women in Crisis**420-6752**
 Victim Outreach Information
**202-2196**

YOUTH

Boys Town National Hotline
**1 800 448-3000**
 Child Find, Inc.**1 800 426-5678**
 Commission on Youth**640-2621**
 National Runaway Switchboard
**1 800 621-4000**
 National Youth Crisis Hotline
**1 800 448-4663**
 Runaway
 Hotline**1 800 231-6946**
 VOCAL (Victims of Child Abuse
 Laws)**430-4813**

*Need help finding a section or category in
 this directory? CALL 1 800 422-1234*

Consumer Tips

As a U S WEST Communications customer, you are protected by our company's policies and by the state and federal regulations that guide the way we do business. There are also things you can do to help protect your privacy and safety. Some consumer guidelines are listed here:

If You Receive Obscene or Harassing Phone Calls

Stay calm, and hang up the phone. Call your U S WEST Communications representative at 1 800 541-3386 for a free brochure on how to handle these types of calls. You may be in an area where automatic Call Trace is available. Our service representative can advise you where Call Trace is available. After hanging up from the call, pick up the phone and then dial *57 (1157 from a rotary phone). The telephone number of the line used by that caller will be forwarded to a U S WEST Security Center.

It's against the law to make obscene or threatening phone calls. Telephone harassment is a crime. Penalties include imprisonment and/or a fine.

Pay Per Call Service Information

"976" And "900" Numbers

What They Are

Private companies offer a variety of informational programs using phone numbers that begin with "976" or "900." There is usually a charge for calls to these numbers. Charges for "976" calls appear on your monthly U S WEST Communications telephone bill; calls are billed separately. Charges for "900" calls appear on the Interexchange Carrier page of your bill. These calls may also include a long distance charge. Calls for which the charge is one dollar or more must contain an introductory disclosure message specifying types of charges, time necessary to complete the call, and an option to disconnect without charge at the end of the introductory message.

The price and content of "976" and "900" services are the responsibility of the companies that provide the information. Call 1 800 879-2455 for more information.

Telephone Service - U S WEST Communications

To order new service, to change or disconnect service, or for billing questions, call:

For your home 1 800 244-1111
Hours: Monday - Friday 7:00 a.m. - 7:00 p.m.

For your business 1 800 603-6000

Repair Service 24-Hour Reporting Numbers

For your home 1 800 573-1311
For your business 1 800 954-1211
Public (Pay) telephones (all areas) 1 800 234-4041

How To Block Calls To "976" And "900" Numbers

U S WEST Communications will assist you in blocking calls from your line to "976" and "900" numbers. There is no charge for this service upon first request. Call the number at the top of this page for more information.

Other Questions About "976" Or "900" Numbers

If you have a complaint or dispute about the services, call 1 800 879-2455. We do not allow "976" or "900" services that contain illegal or sexually explicit material. Nor do we disconnect your telephone service for disputes about payment of "976" or "900" charges.

If You Are Dissatisfied With Your Service

A U S WEST Communications representative will be happy to work with you on any problems you have with our company. Call the number at the top of this page for assistance.

If your problem, question or concern regarding local telephone service has not been resolved to your satisfaction, call U S WEST Communications Customer Response Center at 1 800 255-6920, or you may also contact the Colorado Public Utilities Commission at 1 800 456-0858, located at 1580 Logan, Office Level 2, Logan Towers, Denver, Colorado, 80203.

Consumer Tips

Your Privacy Is Important

We make every effort to protect your telecommunication services from unlawful wiretapping or other illegal interceptions. Customer service records, credit information and related confidential personal account information are fully protected.

Illegal Wiretapping

It is a crime under federal and state laws for any person to wiretap or otherwise intercept a telephone call unless that person has first obtained a court order or the consent of all parties participating in the call. The penalty for illegal wiretapping can be imprisonment and/or a fine.

We May Listen To Calls Between You And Our Employees

It's one way our managers can make sure you're receiving prompt and courteous service and accurate information. These calls are randomly selected and are not recorded. They include calls to our repair bureaus, customer service numbers, directory assistance, and "0" operators.

If You Receive Unwanted Sales and Survey Calls

Take the Following Steps

- ① Be skeptical of offers that sound too good to be true; they usually are.
- ② Report companies using questionable sales practices to the Better Business Bureau or your state attorney general's office.
- ③ Disconnect computer-generated calls by hanging up your telephone for 12 to 15 seconds.
- ④ Contact the Direct Marketing Association to have your name removed from telephone solicitation lists. Write to Telephone Preference Service, C/O, Direct Marketing Association, P.O. Box 9014, Farmingdale, NY 11735-9014.
- ⑤ Call the appropriate number highlighted on the top of the previous page to have your name removed—at no charge—from lists that our company leases to other firms. Customers with unlisted or unpublished numbers are never included on the lists we lease.
- ⑥ Do not give your telephone credit card number to anyone who calls and asks for the number.

Telephone Safety Tips

Your telephone is one of the safest appliances in your home or office. But there are times when you should be careful using it.

- ① Don't use the telephone in the bathtub, shower or swimming pool. Dropping the phone into water could cause a shock.
- ② Avoid using the telephone during electrical storms. U S WEST Communications uses protective measures to limit electrical surges from entering your home or office, but absolute protection from lightning is impossible.
- ③ If you suspect a gas leak, use a telephone away from the suspected area to report it. The telephone's electrical components could create a tiny spark when you dial. Although unlikely, that spark could ignite heavy concentrations of gas.

Emergency Calls Have Priority On Party Lines

State law says you MUST immediately yield the use of a party line to anyone saying the line is needed for an emergency call. An emergency is any situation in which property or human safety is in jeopardy and emergency service personnel must be summoned.

It's against the law to gain control of a party line by falsely stating that an emergency call needs to be made. Penalties for violating party line laws include fines and/or imprisonment.

You May Not Use an Answering Machine On a Party Line

That's because answering devices cannot give up a line in an emergency. They also disrupt service for everyone on the party line.

Billing Name and Address Disclosure

When you place a calling card call, or accept a collect or third-number billed call, U S West is required to provide your billing name and address to the telecommunications service provider that handled the call, if that provider requests.

U S West will continue to provide billing name and address information to telecommunications service providers for other account matters such as customer service, servicing your account, to prevent fraud or when you move from one location to another.

Consumer Tips

U S WEST Communications has made some changes with your concerns and input in mind. These changes reflect our continuing effort to simplify the U S WEST Communications bill you receive each month. You can look forward to additional changes and improvements to your bill within the next year.

Questions about your bill?

Look on the back of the first page of your bill. You'll find detailed information about the bill and about our payment policies.

Further Questions About Your Bill?

Call the appropriate company. The U S WEST Communications billing number is listed on this page in the highlighted column. A phone number for each long distance company is printed on its section of the bill.

Credit and Refunds

If You Are Without Phone Service

For 24 hours or more because of U S WEST Communications line or equipment problems and have reported the problem to our repair service number, you will receive credit for the outage period. It will be applied to your monthly local service charge.

If You Dial a Wrong Number

While making a long distance call within your U S WEST Communications calling area, you can get credit by dialing the "0" operator and asking for a refund. If you've used another long distance company for that call, you must call that company.

If You Get a Poor Connection

While making a long distance call within your U S WEST Communications calling area, you can get credit by dialing the "0" operator and asking for a refund. You'll also be credited for calls that are cut off. If you've used another long distance company for that call, you must call that company.

Your Monthly Bill May Also Include

A mileage charge for customers who live in outlying areas. Call the service number at the top of this page for more information.

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To Pay Your U S WEST Bill

To Pay By Mail

U S WEST Communications
Denver, Colorado 80244

For Payment Locations

Call: 1 800 427-1949

Be sure to include the detachable section at the bottom of page 1 of your bill. Also remember to write your telephone number on your check or money order.

If You Are Billed For Calls You Didn't Make

Call the number at the top of this page for long distance calls that appear on the U S WEST Communications portion of your bill. We'll investigate and, if necessary, adjust your account.

If you use another long distance company, call that company for questions about its portion of the bill.

It's against the law to use another person's number or telephone credit card to charge calls without permission. Penalties include imprisonment and/or fines.

If You Lose Money In A Public (Pay) Phone

Check the set to see if it is owned by U S WEST Communications, then call the "0" operator.

Need help finding a section or category in this directory?

CALL 1 800 422-1234